10 top tips to develop a reading habit

1 Take the time to choose books that you will enjoy and always have at least one handy.

2 Keep a list of books you would like to read.

3 Set a reading goal that is easily attainable - such as reading just one book per month or 20 pages a day or 10 minutes a day.

4 Try reading instead of surfing the internet or using social media. This could create hours of book reading time.

5 Find a quiet, comfy reading place to read. Find a place in your home where you can sit in a comfortable chair and curl up with a good book without interruptions.

6 Make it pleasurable. Make your reading time your favourite time of day. Have some milo while you read, or another kind of treat. Read during sunrise or sunset, or at the beach.

7 Quit early. If you are 3 chapters into a book and you are not enjoying it, find something else to read.

8 Settle down. When your mind is preoccupied and racing-a-mile-a-minute it can be challenging to sit down and actually enjoy a book. Take a few deep breaths or go for a quick walk before you start to read.

9 Join a book club. Joining a book club is another way to motivate you into reading more. Share what you read. It's lovely to share what you are reading and talk about books with your friends!

10 Chat regularly to your local librarian.